NOVEMBER/DECEMBER 2023

CABT22/FABT22 — FOOD AND NUTRITION

Time : Three hours Maximum : 75 marks

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SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define nutrition.
2. Summarise the psychological functions of food.
3. Define fibre.
4. Explain the term health.
5. List the essential fatty acids.
6. Outline the role of enzymes in the digestion of proteins.
7. Define Joule as a unit of energy.
8. Demonstrate the construction of a calorimeter.
9. List the sources of vitamin C.
10. Relate the deficiency symptoms of Vitamin B6.

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Identify the objectives of balanced diet.

Or

(b) Examine the significance of food and nutrition. Classify food into five major groups.

12. (a) Identify the nutritional classes of lipids. List some its sources.

Or

(b) Examine the role of fibre in digestion.

13. (a) Identify the nutritional value of protein.

Or

(b) Examine lipid value. Elaborate the process of digestion of lipids.

14. (a) Construct the Benedict's oxy calorimeter diagrammatically.

Or

(b) Explain the thermic effect of food.

15. (a) Organise the sources, daily requirements and deficiency conditions of Vitamin A and K in a tabular form.

Or

(b) Compare sources, daily requirements and deficiency conditions of Vitamin D and E.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the basic five food groups.

17. Explain the process of digestion and absorption of carbohydrates.

18. Evaluate the sources, daily requirements, functions and deficiency conditions of lipids.

19. Elaborate on the importance of BMR and the factors affecting the same.

20. Compile the sources, daily requirements functions and deficiency conditions of any two water soluble vitamins.

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